



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09062, Cherimoya, raw

Report Date: June 29, 2017 23:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	79.39	6	0.641	78.03	81.1	2.0	76.635	82.15	3	Analytical or derived from analytical	--	06/2009
Energy	kcal	75	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
Energy	kJ	313	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	1.57	6	0.087	1.31	2.01	2.0	1.191	1.943	3	Analytical or derived from analytical	--	06/2009
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.68	6	0.062	0.53	0.82	2.0	0.411	0.946	3	Analytical or derived from analytical	--	06/2009
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.65	6	0.018	0.49	0.81	2.0	0.573	0.731	3	Analytical or derived from analytical	--	06/2009
Carbohydrate, by difference	g	17.71	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
Fiber, total dietary <a href="#">1</a> <a href="#">3</a>	g	3.0	5	0.649	2.3	3.9	1.0	-5.264	11.233	2	Analytical or derived from analytical	--	06/2009
Sugars, total <a href="#">3</a>	g	12.87	3	0.543	11.92	13.8	2.0	10.532	15.202	1	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">2</a> <a href="#">3</a>	g	0.66	4	0.613	0.07	1.3	1.0	-7.103	8.477	2	Analytical or derived from analytical	--	08/2009
Glucose (dextrose) <a href="#">3</a>	g	5.93	3	0.196	5.88	6.56	2.0	5.372	7.061	1	Analytical or derived from analytical	--	08/2009
Fructose <a href="#">3</a>	g	6.28	3	0.346	5.97	7.17	2.0	5.086	8.067	1	Analytical or derived from analytical	--	08/2009
Lactose <a href="#">3</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2009
Maltose <a href="#">3</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2009
Galactose <a href="#">3</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2009
Starch <a href="#">3</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	10	6	2.565	6	16	2.0	-1.005	21.071	3	Analytical or derived from analytical	--	06/2009
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.27	6	0.059	0.15	0.62	2.0	0.013	0.522	3	Analytical or derived from analytical	--	06/2009
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	17	6	0.713	15	20	2.0	13.915	20.052	3	Analytical or derived from analytical	--	06/2009

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Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	26	6	0.606	20	31	2.0	23.824	29.043	3	Analytical or derived from analytical	--	06/2009
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	287	6	30.769	226	368	2.0	154.767	419.544	3	Analytical or derived from analytical	--	06/2009
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	7	6	2.374	4	16	2.0	-3.466	16.962	3	Analytical or derived from analytical	--	06/2009
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.16	6	0.023	0.12	0.27	2.0	0.066	0.264	3	Analytical or derived from analytical	--	06/2009
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.069	6	0.011	0.03	0.09	2.0	0.022	0.115	3	Analytical or derived from analytical	--	06/2009
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.093	6	0.012	0.07	0.13	2.0	0.043	0.144	3	Analytical or derived from analytical	--	06/2009
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">3</a>	mg	12.6	5	1.141	9.8	16.2	1.0	-1.884	27.116	2	Analytical or derived from analytical	--	06/2009
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.101	6	0.027	0.05	0.14	2.0	-0.014	0.217	3	Analytical or derived from analytical	--	06/2009
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.131	6	0.011	0.11	0.18	2.0	0.082	0.18	3	Analytical or derived from analytical	--	06/2009
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.644	6	0.143	0.23	0.93	2.0	0.028	1.259	3	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.345	6	0.110	0.19	0.7	2.0	-0.131	0.82	3	Analytical or derived from analytical	--	06/2009
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.257	6	0.103	0.05	0.37	2.0	-0.187	0.701	3	Analytical or derived from analytical	--	06/2009
Folate, total <a href="#">1</a> <a href="#">3</a> <a href="#">a</a>	μg	23	4	4.838	18	34	1.0	-38.655	84.302	2	Analytical or derived from analytical	--	06/2009
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2009
Folate, food	μg	23	4	4.838	18	34	1.0	-38.655	84.302	2	Analytical or derived from analytical	--	08/2009
Folate, DFE	μg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE <a href="#">3</a>	μg	0	3	0.033	0	0	2.0	0.112	0.395	1	Analytical or derived from analytical	--	07/2009
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2002
Carotene, beta <a href="#">3</a>	μg	2	3	0.460	2	3	2.0	0.359	4.321	1	Analytical or derived from analytical	--	07/2009
Carotene, alpha <a href="#">3</a>	μg	0	3	0.053	0	0	2.0	-0.176	0.283	1	Analytical or derived from analytical	--	07/2009
Cryptoxanthin, beta <a href="#">3</a>	μg	1	3	0.177	1	2	2.0	0.593	2.114	1	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU <sup>3</sup>	IU	5	3	0.658	4	6	2.0	2.241	7.903	1	Analytical or derived from analytical	--	07/2009
Lycopene <sup>3</sup>	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2009
Lutein + zeaxanthin <sup>3</sup>	µg	6	3	0.764	5	7	2.0	2.469	9.044	1	Analytical or derived from analytical	--	07/2009
Vitamin E (alpha-tocopherol) <sup>3</sup>	mg	0.27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
Tocopherol, beta <sup>3</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
Tocopherol, gamma <sup>3</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
Tocopherol, delta <sup>3</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.233	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
8:0 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
10:0 <sup>3</sup>	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 <sup>3</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
14:0 <sup>3</sup>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
15:0 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
16:0 <sup>3</sup>	g	0.104	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
17:0 <sup>3</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:0 <sup>3</sup>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:0 <sup>3</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
22:0 <sup>3</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
24:0 <sup>3</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
Fatty acids, total monounsaturated	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <sup>3</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
15:1 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
16:1 undifferentiated <sup>3</sup>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
16:1 c <sup>3</sup>	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
16:1 t <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
17:1 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:1 undifferentiated <sup>3</sup>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:1 c <sup>3</sup>	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:1 t <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:1 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <sup>3</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
22:1 c <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
22:1 t <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
24:1 c <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
Fatty acids, total polyunsaturated	g	0.188	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2009
18:2 undifferentiated <sup>3</sup>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:2 n-6 c,c <sup>3</sup>	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:2 CLAs <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:2 t not further defined <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:3 undifferentiated <sup>3</sup>	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>3</sup>	g	0.159	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:3 n-6 c,c,c <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
18:4 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:2 n-6 c,c <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:3 undifferentiated <sup>3</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:3 n-6 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:4 undifferentiated <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
20:5 n-3 (EPA) <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
22:4 <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009
22:5 n-3 (DPA) <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) <sup>3</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 08/2009
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2009
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2009
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 08/1982
<b>Amino Acids</b>													
Tryptophan <sup>3</sup>	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Threonine <sup>3</sup>	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Isoleucine <sup>3</sup>	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Leucine <sup>3</sup>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Lysine <sup>3</sup>	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Methionine <sup>3</sup>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009
Cystine <sup>3</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine <sup>3</sup>	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tyrosine <sup>3</sup>	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Valine <sup>3</sup>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Arginine <sup>3</sup>	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Histidine <sup>3</sup>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Alanine <sup>3</sup>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Aspartic acid <sup>3</sup>	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Glutamic acid <sup>3</sup>	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Glycine <sup>3</sup>	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Proline <sup>3</sup>	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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Serine <sup>3</sup>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

**Sources of Data**

<sup>1</sup>*Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States*, 1987 Beltsville MD

<sup>2</sup>*Nutrient Data Laboratory, ARS, USDA Determination of the Nutrient Content of Selected Candies, Nuts, Condiments, Beverages & Vegetables*, 1985 Beltsville MD

<sup>3</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Anlaysis Program Wave 12i*, 2008 Beltsville MD

**Footnotes**

<sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically